

Introduction to Personal Skills

Course Code: 1858

INTRODUCTION

Family and Consumer Sciences at the middle level is designed to help young teens manage their lives to become productive, independent individuals. Students acquire skills for personal and workplace success and utilize technology to enhance learning. Safety, security, and sanitation are stressed at all levels. Service learning is an integral component at the middle level. The standards of the Family and Consumer Sciences student organization, Family, Careers and Community Leaders of America (FCCLA), will be integrated throughout the curriculum.

The middle school standards are aligned with the Family and Consumer Sciences National Standards, English/Language Arts, Math, Science, Social Studies, Health, Physical Education, and Visual Arts South Carolina Standards. The programming for middle school focuses on rigor with relevance, best practices, contextual learning, career exploration, and entrepreneurial opportunities.

The overall mission of Family and Consumer Sciences in the middle school is to provide “a solid foundation” for students so that will have the skills and knowledge to make informed decisions that will shape their futures. Because there is clear alignment with high school standards, students will enter high school with the basic knowledge necessary to make decisions earlier and therefore providing more opportunities to be better prepared to be competitive in a global society upon exiting high school.

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Introduction to Personal Skills introduces students to relationships, resources, home safety and security, childcare responsibilities, personal image, basic food preparation techniques, career, and entrepreneurship opportunities. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

Objectives:

Students will:

1. determine qualities that strengthen relationships.
2. explain ways to manage personal resources.
3. describe ways to create a safe environment.
4. identify appropriate and safe child care techniques.
5. explore grooming and clothing selection strategies.
6. demonstrate safety and sanitation procedures for food preparation.
7. identify ways to develop effective work skills.

Credits:

Exploratory course no credits available

National Certifications:

Babysitting Certification
American Red Cross
<http://www.redcross.org>

The Real Game Certification
<http://www.realgame.com>

Recommended Grade:

6th

Prerequisite:

none

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Textbooks:

Glencoe/McGraw-Hill

Discovering Life Skills, 1st Edition
Student Edition

Author: Glencoe
0078298474 06-08 2004 \$38.49

Discovering Life Skills is a comprehensive text designed to help young students learn about themselves, others, and their environment. Each chapter is short and easy to read and contains clear objectives, new ideals, new terms, application activities, review questions, Internet activities, responsible choices exploration, and career choice and options. The units include, focusing on you, charting your future, exploring fashion and clothing, and investigating foods and nutrition.

Glencoe/McGraw-Hill

Today's Teen, 7th Edition
Student Edition

Author: Kelly–Plate, Eubanks
0078463696 06-08 2004 \$40.98

Today's Teens is a comprehensive text that includes unit motivators, creative thinking skills, technology integration, and short reviews and evaluations. Lessons are aligned with Family and Consumer Sciences National Standards.

Goodheart-Willcox Company

Building Life Skills
Student Edition

Author: Liddell and Gentzler
1566378850 06-09 2003 \$39.99

Building Life Skills is designed for the sixth through the ninth grades. This text provides tools needed to build strong relationships, self-concepts, and skills for managing their lives. Objectives and lessons are aligned with the Family and Consumer Sciences National Standards, the chapters are short and easy to read, case studies bring various situations to life, and there are on-line teen connections and apply-it activities. The units include managing your life, understanding children, your health and nutrition, working in the kitchen, the clothes you wear, the place called home, and reaching new heights.

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Goodheart-Willcox Company

Life Skills for You

Student Edition

Author: Strohecker and Tippet

159070312X 06-09 2006 \$36.99

Life Skills for You is an up-to-date text appropriate for middle school students. Topics included are foods, clothing, decision-making, and personal development. Case studies illustrate how skills are applied to real life.

Goodheart-Willcox Company

Take Charge of Your Life!

Kristenson

Student Edition

Author: Ross and Owens–

156637927X 06-09 2004 \$40.98

Take Charge of Your Life is a comprehensive text that is easy to read and practical. The chapters include real life scenarios and opportunities to apply skills learned. At the beginning of each chapter there are three points listed to help students understand how the material in the chapter will be relevant in their life.

<http://www.mysctextbooks.com/>

Curriculum Guides Available for Personal Skills 1 and 2:

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Walhalla Middle School

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A. INTERPERSONAL RELATIONSHIPS (Teen Success Strategies)

1. Identify positive ways to deal with peer pressure
2. Explain ways to build positive, nurturing, caring, and respectful relationships.

B. CONSUMER SERVICES (Management Practices)

1. Explain the importance of managing personal resources.
2. Organize personal time using time management tools.

C. HOUSING AND INTERIORS AND FURNISHING (Creating Environments)

1. Explain ways to create or enhance personal space.
2. Explain how to avoid accidents and improve home security.

D. EARLY CHILDHOOD (Challenging Children)

1. Explain the responsibilities of babysitting related to child development, safety and health.

E. TEXTILES AND APPAREL (Winning Images)

1. Examine factors that influence clothing selection.
2. Create a desired image through grooming habits and clothing selection.

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F. NUTRITION AND WELLNESS (Kitchen Connection)

1. Demonstrate correct safety and sanitation procedures while working in the kitchen.
2. Explain how to make and follow a work plan.
3. Demonstrate tools and techniques for food preparation.

G. CAREERS (Career Exploration)

1. Explain how basic skills learned in school are essential for success in the workplace.
2. Identify entrepreneurship opportunities for young people.